



# FEAST LAWRENCE NEWS DECEMBER 2015



Food Enlightenment And Sustainability Teachings

## Dean Ornish's Exciting Research on Telomeres—We Can Influence Genes!

As a microbiology major I was taught that genes were destiny and the environment's only impact was in whether those genes influenced survival (in that particular environment of that organism at that time to the point of reproduction.) A grow-

ing body of science is challenging that view. First it was epigenetics, which demonstrated that environmental triggers could turn on or off specific genes, and were heritable. Research also showed the presence of

dairy proteins could switch cancer genes, "on". Now research by Dr Dean Ornish :

[http://ornishspectrum.com/wp-content/uploads/Lancet\\_Lifestyle-changes-lengthen-telomeres.pdf?9ea12b](http://ornishspectrum.com/wp-content/uploads/Lancet_Lifestyle-changes-lengthen-telomeres.pdf?9ea12b)

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JoAnn Farb is the author of *Compassionate Souls* — *Raising the Next Generation to Change the World*, and *Get Off Gluten*. She teaches cooking classes at the Community Mercantile, speaks nationally on health, nutrition and parenting, and is a former microbiologist with Merck and Co Inc. Visit her website for more information: [www.JoAnnFarb.com](http://www.JoAnnFarb.com)

**"As more and more people are starting to realize, there is nothing "extreme" about being vegan...What's extreme is killing for pleasure or convenience, even while knowing that environmental destruction, human poverty and starvation are largely caused and aggravated by animal exploitation...which cannot be reconciled with morality no matter what faith or worldview one subscribes too. To get away from this senseless violence, you just stop eating the products of exploitation and violence and go vegan. This is something we all can do"**

**- Silvia de Haan-Rietdijk**

## Are YOU Addicted?

Research in neuroscience has shown that the same dopamine system that hooks people to opiates, can also keep us attached to meat and dairy. This makes sense, considering that through most of our evolution, we've struggled to obtain calories. Markers of caloric density like salt, sugar, fat and animal protein, Just like sex — are pleasurable because seeking them **DID** enhances survival. For a more in depth exploration of this topic, read my latest blog post at:

[www.JoAnnFarb.com](http://www.JoAnnFarb.com)

## Chocolate Turtle Recipe

Looking for something really decadent, festive and not too difficult that will really impress people? Then make your own gluten-free vegan chocolate turtles!

### Ingredients:

- 1/2 cup raw cashews
- 1/2 cup water
- 1/2 cup chopped dates
- 60 raw pecan halves
- 5 oz (1/2 bag) gluten free vegan chocolate chips. (I use Enjoy Life Mini chips)

### Directions:

- 1) place the cashews water and dates into a power-

ful blender and blend until creamy.

- 2) Place a piece of parchment paper on a small tray and arrange the pecans in pairs side by side with the flat sides down, so that you have 30 pairs.
- 3) Using a spoon, drizzle about rounded teaspoon full of the cashew mixture over each pecan pair, just covering it, and place the tray in the freezer for 30 minutes until cashew mixture firms up enough that you can mold it like clay. Then use your fingers to

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## 7 Library Books That can Change the World!

Imagine — if even 1/4 of the thought leaders, environmentalists, social justice advocates and health care professionals in Douglas County would read these 7 books (All are available at the Lawrence Public Library.) We could transform Lawrence and truly make a difference for the entire country by modeling and embracing humanity's next evolutionary step — the one that will enable a livable planet for future generations. Together these seven books embody the best of human consciousness. I've provided their call numbers too! Turn this page over to see what they are.



## Have you seen the Liberation Pledge? [Www.LiberationPledge.com](http://www.LiberationPledge.com)

This fabulous article really adds to the conversation as well:

<http://directactioneverywhere.com/theliberationist/2015/10/21/stigmatizing-eating-animals>

### ...Genes are Not Destiny cont. from front

is suggesting that telomeres (the end caps on our chromosomes which govern cell lifespan and shorten as one grows older) actually **increased in length on those who ate a whole-food plant-based diet for five years**, while the control group eating meat and dairy had their telomere's shorten. This now adds to the evidence showing that some cancers' growth can be slowed or even stopped with a plant-based diet. Which comes on top of the recent announcement by the World Health Organization

that meat is a probable carcinogen. Which comes on top of multiple lines of research linking consumption of animal foods with an increased risk of diabetes. Which brings me to this question:

**Is a medical doctor who encourages a patient to follow a low carb or Paleo type diet violating the Hippocratic Oath, of First Do No Harm?**

Learn more about Ornish's work here:

[Www.OrnishSpectrum.com](http://www.OrnishSpectrum.com)

## Plant Powered Party Foods Class Mon December 7, at The Merc,

It's holiday time and savvy hosts are looking for "inclusive" party foods that guests on special diets can enjoy. Whether its meat, dairy, eggs, sugar, soy or gluten that your friends avoid, you'll be amazed at the variety, ease and healthfulness of these recipes. We'll make and sample finger foods (mostly oil-free too!) that ALL your guests will rave about: A simple Gorgeous Grain-free Sushi; melty rich Hot Cheeze Dip; Crispy Potato Rounds drizzled with Avocado Garlic Aioli.; and Smokey Gooda Cheese. We'll end on a festive note with Chocolate Popcorn. **PLEASE NOTE: The Merc's online class sign-up is making people think my classes are full when they are not — It's best to call them at 785-843-8544 to register for my classes which are 18.00.**

### DO THE MATH

If everyone who is currently vegan could influence just one person each year to embrace a lifestyle based upon non-violence. In less than 15 years the whole world could be vegan. This would immunize us all against the learned desensitization to injustice (see my blog post for more on this) that is at the root of every human caused tragedy. It would free up massive resources and dramatically reduce methane emissions — the biggest contributor to climate change. We'd also reduce health care expenditures dramatically!

### ...Chocolate Turtle Recipe

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- press mixture into shallow turtle shape over each pecan. Return to freezer.
- 4) Melt the chocolate chips in a double boiler until they become gooey and remove from heat.
- 5) Remove 10 of the turtles from the freezer at a time and gently (quickly) dip the curved face into the melted chocolate with a scooping motion, then return to the tray in the freezer until ready to serve.

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[FeastLawrence@hotmail.com](mailto:FeastLawrence@hotmail.com)

and you will be added to my email list. I plan to send out just one or two emails each month and I will never intentionally share your email address with anyone else.

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## 7 Library Books I Wish All Would Read

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- ***Eat Like You Care*** by Gary Francione 179.3
- ***Meatonomics — How the Rigged Economics of Meat and Dairy Make you Consume Too Much*** by David Robinson Simon 338.176
- ***Whole — Rethinking the Science of Nutrition*** by T Coliin Campbell 613.2
- ***Mind if I order the Cheeseburger*** by Sherry F. Colb 613.2622
- ***Comfortably Unaware*** by Richard Oppenlander 636.0
- ***The World Peace Diet — Eating for spiritual Health and Social Harmony*** by Will Tuttle 613.2
- ***Sacred Cows and Golden Geese*** by Ray Greek 179.4